

#### ABSTRACT OF THE DISCLOSURE

To provide a method of controlling transmission and a device for controlling transmission capable of notifying the updating of management data simultaneously to all communication stations on the network. A method of controlling transmission in which a region (down management data transmission section (CS)) is secured in advance for transmitting the management data to be updated even when the management data has a constitution of a variable length, in order to notify the management data and the update timing (cycle time data 51-1, network ID 51-2, data updating counter 51-3, SSP counter 51-4, SSP period 52-1, SSP number 52-2, band reservation data number 52-3, frame end pointer 52-4, data size of variable-length frame 52-5, station data (#1 to #4) 54-1 to 55-2, and band reservation data (#1 and #2) 56 and 57 to the whole network, in order to update the management data at one time at a specified timing.